



The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

October-November 2022

2022 Executive Officers

President
 Bill Rhoat
 717-847-3567
 rhtpr@aol.com

Vice Presidents
 Lester Miller
 717-938-3488
 millersd@ptd.net
 Marcy Lucas
 lucas_mj@hotmail.com

Secretary
 Regina Zapotosky
 717-545-4982
 rmzapoto@gmail.com

Treasurer
 Gloria Grabenstein
 717-652-1607

Executive Committee Members

After Action
 Pat Eby
 717-379-8945

Map Maker
 Lester Miller
 717-938-3488

Membership
 Mary Watts
 717-234-7765
 3848 Green St
 Harrisburg PA 17110

Newsletter
 Pat Eby 717-379-8945
 patriciaeby@verizon.net

Publicity Manager
-Vacant

Sales Manager
 Amy Trommer
 717-991-5232

Trailmasters
 Lester Miller
 717-938-3488
 Bill Rhoat
 717-817-9724

Volunteer Coordinator
-Vacant

Webmaster
 Regina Zapotosky
 717-545-4982

www.avaclubs.org/SRVC

President's Message



Greetings Fellow Rovers,

By now you heard of the passing of Louise Clouser and Charlie Baeckert. Louise was one of the founders of this club and a good friend of mine. She was the point of contact for the former Little Buffalo walk for years, and also hosted the holiday party in her house.

There would be a "group walk" of the lighted trail after which we would head over to Chez Louise for a covered dish and a game. We would bid on wrapped presents using "Rover Ruppees". Sometimes the gifts would be great, sometimes not so great, but I remember enjoying myself. One time, I think it was the last time, she even left me sleep over so I wouldn't have to drive home tired.

Charlie Baeckert was the point of contact for Lebanon until last year, and was a founding member and former president of the Baloney Stompers until that club folded.

A memorial walk will be held for Louise at Little Buffalo State Park, and a walk will be held for Charlie on the rail trail near Colebrook next year. A third memorial walk is planned for Hummelstown around the Friday after Thanksgiving next year for all the members we lost over the past several years.

I'm putting out another call for anyone who wants my job or any other officer position. If there are no takers for president, I will serve for two more years, but that is it. I feel that the club needs someone who is better at this than I am.

See you on the trail - Bill

Inside this issue:

Meetings, AVA New Address, Group Walk Schedule, Awards, Etc	Page 2
Group Walk Reports, IVV Olympiad and IML Roundup, Memories	Page 3
Rovers Year Rounds, KSVA Seasonal and Year Rounds	Page 4
Camp Hill Report, The People's Walk article,	Page 5
Trip to Alaska	Page 6
Schedule of Events	Page 7

Group Walk Schedule

The Penn Dutch Pacers meet occasionally to walk one of their year rounds. Check their website at www.avaclubs.org/pdp/calendar for information.

York White Rose Wanderers (YWRW) are hosting their group walks 2022. They make these walks feel like a traditional event by giving walkers a range of time to start usually 10 to 1 pm. Contact Pam at 717-817-9724 for a complete list for the year or to check if they will be there weather permitting.

Oct 1 Rail Trail walk #5 Glen Rock Trail Access, Water St, Glen Rock, PA

Nov 5 Rail Trail #1 2400 Brillhart Station Rd, York

Dec 3 Dillsburg, Square Bean Coffee Company, 1 S Baltimore St, Dillsburg

The Susquehanna Rovers meet at a certain time to sign up and go at our separate paces and maybe meet for lunch.

Sept 10 Altoona walk. Wingate by Wyndham Hotel, 909 Chestnut Ave. Altoona. We will meet at **10** in the lobby to register. Call if you want to car pool with Pat.

Oct 8 Bedford Candies. 106 E Pitt St, Bedford PA 15522. Store opens at 10. Call if you want to car pool. We will meet at 11 at the candy store.

Nov 26 Bull Frog Valley, meet at 9 at Karns, 731 Cherry St, Hershey.

Dec 17 Mechanicsburg Meet at 9 at Rutters, 714 W Main St. Contact Pat 717-379-8945 for information or if weather is bad to see if we are walking. Please join us.

Meeting Location

The club meetings are now being held in the lower level of the East Shore Library. The address is: 4501 Ethel St, Harrisburg
It is behind the Colonial Park Mall.

Meeting Time

Join us at 6:00 pm

On the last Tuesday of the month, except September which will be a week earlier.

Sept 20th

Oct 25th

Nov 29th



Events	Distance
700	6,500K
Jim Copenhaver	Jim Copenhaver
Pam Copenhaver	Pam Copenhaver
1000	38,000K
Jane Snurr	Elie Kuntz
4200	
Tom Jackson	

Haunted Gettysburg Weekend November 11, 12, 13, 2022

4 Walks, and one Swim
Saturday Night Buffet

Hotel Reservations at Days Inn Gettysburg
\$75 plus tax ask for York White Rose Wanders Rate
717-334-0030
POC - Tom Jackson h-717-677-6511, c-717-309-6088
Saturday dinner at 7pm at General Pickett's Buffet
\$19.00 call Keith at 717-891-1813



Josiah and Abigail Stoltz, and Zack Groff after the walk.



Cookie, Tim visited with Rover at the Camp Hill walk.

Be sure to use this address when mailing your books.

AVA's New Logo, Address and Phone Number

AVA Headquarters
1008 S. Alamo St
San Antonio TX 78210
210-659-2112



Group Walk Reports

I bet you have forgotten how exciting and interesting Volksmarching is since you haven't been out and walking for the past two years. It is about time to change that. So get out there to visit nature and go to the great places that volksmarching takes you. Life can be full of wonderful things, if you go out and find them.

Mifflintown/Mifflin on May 14 - I already did a write up on this walk, but I found the picture of Marcy Lucas, Bill Rhoat and Lydia Heck.



Columbia River Trail on June 11 - We had seven walkers at this year round. Roy and Sis Clugston walked in Marietta, Julie Geyer, Barb Fisher, Jane Tushingam and Bill Rhoat walked the rail trail. I didn't feel well so I only walked a small way in Marietta and I forgot to take a picture of the walkers before they left.

Wildwood Lake on August 13 - We had 11 walkers at this year round. Roy and Sis Clugston, Betty Jo McCoy, Julie Geyer, Mary Watts, Gloria Reedy, Pam and Jim Copenhaver, Marcy Lucas, Grant Bollen and me. Bill was on his trip to Alaska. Jim Reedy kept me company until Gloria was finished. There was a lot to see at Wildwood - the American Lotus were in full bloom, there were blue and green herons, egrets, frogs, turtles and lot of other birds. It was perfect weather and a good time was had by all. Pictured below is Pam and Jim Copenhaver and Jim Reedy.



Our next group walk is **Altoona on September 10th**. I have three seats available if you would like to ride along with me. Give me a call if you want to go along. Pat 717-379-8945

Olympiad in Texas and the Texas Trail Roundup

These are the events that Bill was talking about in his letter. The Olympiad is a world wide event getting thousands of walkers. The IML is also international events. They are being held before tornado season, so it should be a great time for everyone. There are walks of several lengths are included everyday, a marathon held both on Feb 22nd and 25th, swim and bike events. Ceremonies, and a Parade of Flags.

What great events. Wish I could go. These types of events make you realize that volksmarching is truly global. You are a part of something huge.

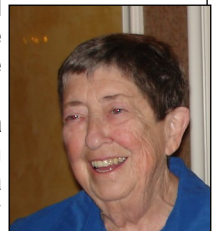
Go to www.ava.org and scroll down a bit for more information. There is plenty to see and do in San Antonio.

Some of our dear friends have passed away. So many memories.



Joyce E. (Shearer) Hoover, 83, formerly of New Cumberland, passed away peacefully on Tuesday, February 22, 2022 from complications of Parkinson's Disease. She was the widow of Jay Hoover. She and Jay were always the life of the party or meeting. Memorial contributions be made in Joyce's memory to the Michael J. Fox Foundation for Parkinson's Research, P.O. Box 5014 Hagerstown, MD 21741.

Louise Clouser, 90 passed away August 1, 2022. She was known by everyone. She was a founding member of the Rovers and KSVa. She also helped to form the Nittany Nomads in State College and York White Rose Wanderers. She walked in all 50 states. Louise was a pilot, a teacher, and a philanthropist. She was born on a farm in Perry County and received a bachelor's from Shippensburg University and a master's from Penn State. She taught school in England, Japan, Puerto Rico and at Quantico Marine Base in Virginia. Memorial contributions may be made to Mannsville Lutheran Church, 2944 Mannsville Rd, Ellittsburg PA 17024 or the AVA.



Charlie Baeckert Jr, 91, passed away at his home in Lebanon, PA on Sunday August 21, 2022. He was a founding member and a president of the Lebanon Baloney Stompers. He laid out many trails during this time. You might have seen him walking his three legged dog on a volksmarch. He joined the Rovers when the Stompers disbanded. Contributions in Charles' memory may be made to Yellowstone Wolf Project, <https://www.yellowstone.org/wolf-project/>. Unfortunately, I do not have a picture of Charlie.

2022 Seasonal and Year Round Events

Events listed are year rounds unless stated as seasonal. Since we haven't produced a KSVA booklet since 2019, the following is a list of available walks, bikes and swims for the Susquehanna Rovers events and KSVA events

Susquehanna Rovers

Altoona - Blair County New in 1921

Wingate by Wyndham Hotel, 909 Chestnut Ave. Altoona. Walk Dawn to Dusk. 5 or 10K Rating 1A Ask at reservation desk for walk box. New trail.

Judy Yost jjpost820@gmail.com
814-932-3334

Altoona is just south of State College and north of the seasonal walk in Bedford. If the park is still open you can walk and then go to Del Grosso Amusement Park. What a fun way to spend the day.

Carlisle - Cumberland County

Comfort Suites, 10 South Hanover St. Carlisle Dawn to Dusk. 6 or 10K Rating 1A Ask at reservation desk for walk box.

Sandy Smith 717-265-4264 srsmith527@yahoo.com

Columbia and Marietta - Lancaster County

Northwest Lancaster County River Trail - Bike and Walk Marietta Walk - 5 or 10K Rating 1A

Columbia Crossing River Trail Center, 41 Walnut St. Columbia Open 10 am to 5 pm Wed - Sun

Walk 5 or 10K Rating 1A; Bike up to 35K Rating 2A Ask at desk for the walk box.

Sharon Miller 717-805-9540 millersd@ptd.net

Harrisburg - Dauphin County

Capital and Wildwood Park

Quality Inn -Riverfront, 525 S Front St. Harrisburg Dawn to dusk. 5 or 10K Capital Trail Rating 1A

Wildwood Trail Rating 3C; 5K trail is easier.

Ask at reservation desk for the walk box.

Sharon Miller 717-805-9540 millersd@ptd.net

Hershey - Dauphin County

Bullfrog Valley Trail (5 or 10K) and Town (5 or 10K) Both are rated 1A

Karns Food, 731 Cherry Dr. Hershey

Ask at the Service Counter for the walk box.

Dawn to dusk.

Trish Bowra 717-982-7077 trishbowra@gmail.com

Lebanon - Lebanon County

Lebanon Valley Family YMCA, 201 N 7th St. Lebanon

Hours vary - call 717-273-2691

5 or 10K Rating 1A *New trail* Ask at the service counter on the right for the walk box.

Pat Eby 717-379-8945 patriciaeby@verizon.net

Mechanicsburg - Cumberland County

Rutter's #29, 714 W Main St. Mechanicsburg Dawn to Dusk 5 or 10K Rating 1A *10K will be new trail*

Walk box is on window sill in café area.

Pat Eby 717-379-8945 patriciaeby@verizon.net

Mifflin and Mifflintown - Juniata County

Library, 498 Jefferson St, Mifflintown, PA 17059

Walk box is in the library under a table.

Joyce Krow 717-527-4798 jakrow@centurylink.net

State College - Arboretum, Boalsburg, Town and Campus Centre County

Super 8 Motel, 1663 S Atherton St. State College Dawn to dusk Arboretum Trail Rated 1A, Boalsburg Trail Rated 2B, Town & Campus Trail Rated 2A

All have 5 or 10K trails. *Town and Campus will be new Arboretum - fee to park.* Info on the trail directions.

Ask at reservation desk for walk box.

Pat Eby 717-379-8945 patriciaeby@verizon.net

KSVA

Appalachian Trail - Walking across PA - Many options are available. Online only Marcy Lucas 717-979-3960 Lucas_mj@hotmail.com

Contact person for other events - Tom Jackson 717-677-6511 thomasjackson@embarqmail.com

Biglerville - Michaux State Forest - Piney Ridge Rd

Jan 1 to March 31 **Snowshoe** 5K to 10K Rated 1C
1287 Shippensburg Rd, Biglerville PA 17307

Fayetteville - Michaux State Forest "Smoke Zimmerman"

Jan 1 to March 31 **Snowshoe** 5K to 10K Rated 1C
Rutter's, 6837 Lincoln Way East, Fayetteville PA 17222

Fayetteville - Michaux State Forest Long Pine Run - walk

Rutter's, 6837 Lincoln Way East, Fayetteville PA 17222
5K or 10K rated 2C

Fayetteville - Pine Grove Furnace State Park - walk

Rutter's, 6837 Lincoln Way East, Fayetteville PA 17222
5K, 10K or 14K Rated 3C

Harper's Ferry WV - Online or physical start point

ATC Visitor Center, 799 Washington St.

5K, 10K, 15K or 20K Rated 3C

Shepherdstown WV - Online only

5K or 10K Rated 2B

Shepherdstown will not be sanctioned for 2023

Waterville - Bike Pine Creek Rail Trail - 10K to 240K.

Online only.

ONE STEP AT A
TIME IS GOOD
WALKING

Summer Stroll in Camp Hill Report

July 16, 2022

We had a beautiful day for a walk. It was hot, a little cloudy, but not humid. Thirty three walkers enjoyed themselves and some were surprised that some of the walk was new territory. It was such fun to have all these folks at my house. We even got our new banner from AVA in time to use it at the walk.

We had 24 walk for credit and 9 walk for free and one puppy, two plus the puppy were from Maryland. Lots of folks stayed for our picnic lunch and a big thanks to Bill for cooking the hot dogs and to all those that brought sides and desserts. It was such fun. In the afternoon, we held our monthly meeting. There was lots of discussion.

We had three younger walkers show up at the deadline to walk. They got soaked by the time they got about 3 blocks away from the finish. But they sat with Bill and I, chatted, had a soda and snacks before they headed for home. It was so enjoyable to talk to them. See page 2.

Thanks to Bill and Mary Watts for helping out. The walkers were Betty Jo McCoy, Joe Sadoski, Mike Cannon with his puppy, Gigi, Jim and Martha McGraw, Julie Geyer, Ed and Diane Sandnes, Bill Rhoat, Daniel Stoltz, Judy Chioli, Grant Bollen, Jim Myers, Joel and Karson Hair, Lois Bucher, Don and Marcia Till, Jerry Till, Sheri Bredlinger, Marcy Lucas, Suzann Schiemer, Ronald Haas, Suzanne Delle, Seth Wiener, Lori and John Satterlee, Regina Zapotosky, Josiah and Abigail Stoltz, and Zack Groff. It was very special that Cookie Little, her grandson Tim that used to walk with us when he was in grade school, and his mother stopped in to visit with us for a little while. It was so great to see them. See page 2.

I did take pictures of some of the walkers, but there is not enough room to show them all.

Shown below - Mike Cannon and Gigi, she was soooooo ready to walk. Such a cutie.



The People's Walk: A Healthy Choice

As an educator and certified Forest Therapy Guide, I am often reviewing current research regarding the benefits of nature-based wellness and outdoor physical activity. Recently, I came across the article, "Take a hike (in a good way) this fall" by Dr. Marc S. Micozzi. Dr. Micozzi's article highlighted findings from the German study, "Spend time outdoors for your brain – an in-depth longitudinal MRI study." Dr. Micozzi states that the findings of this study "can actually benefit the structure of your brain - leading to improved memory, concentration, mood, and overall well-being."

Dr. Micozzi continues the article by referencing his personal knowledge and experience with Volksmarching to promote this sport as a means for engaging in outdoor physical activity and accruing health and wellness benefits. He also speaks to the concept that "...Nature's glory is a treat for the senses." As a guide of forest bathing walks and a volksmarcher, I appreciate this reference to the senses. In the practice of forest bathing, participants are encouraged to engage with the natural environment through their senses. Smell the aromas of the forest. Hear the sounds the forest has to offer. Feel the touch of the natural world. Taste natural flavors that are both nutritious and delicious. And, see the multitude of visual stimuli available in the forest.

Taking the time to engage your senses when volksmarching in a manner similar to forest bathing may provide you with additional health and wellness benefits. Research from Japan on the practice of forest bathing (Shinrin-Yoku) has shown the following health and wellness benefits: decreasing the heart rate, reducing blood pressure, reducing stress hormone levels, supporting the immune system, reducing anxiety and depression. So go ahead and inhale the phytoncides emitted from plants. Listen to the calming sounds of gently moving water and bird song. Feel the warm sunlight on a cool, crisp morning. Taste a fresh piece of fruit you brought with you to eat along the walk. And look at the wonders of the natural world, both large and small.

Pennsylvania hosts 100+ state-wide volkssporting events each year in a variety of outdoor venues such as: county parks, state parks, national parks, rail trails, and river trails. These events, sponsored by clubs throughout the state, provide numerous opportunities to accrue the wellness benefits of being physically active in the outdoors. Go ahead, nurture yourself with nature and take a hike or try forest bathing or volksmarch!

If you are interested in learning more about nature-based wellness checkout the following resources: *Forest Bathing: How Trees Can Help You Find Health and Happiness - Dr. Qing Li, *The Japanese Art of Shinrin-Yoku Forest Bathing - Yoshifumi Miyazaki, *Your Brain on Nature: The Science of Nature's Influence on Your Health, Happiness and Vitality - Eva M. Selhub, MD and Alan C. Logan, MD, *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative - Florence Williams.

-Suzann Schiemer



Ron Haas and Suzann Schiemer

Bill's Trip to Alaska

Two years ago after they told the state workers to work from home for a while, one of my coworkers, Sam, said how about we go on a cruise to Alaska after this thing is over. Well, I guess it isn't over yet, but we went on the cruise. This was not a Volksmarch cruise, so I would have to try to work one in where I could so I could get Alaska.

The first leg of our journey took us to the Aerospace Museum near Dulles, Virginia. There they keep aircraft from World War I to the space shuttle. After this we went to our hotel room. We only slept until 3am so we could catch the first flight out, but Sam got to park his car there instead of paying the airport parking rate. The next morning, I went on my first and second ride on an airplane. I was all worried I would freak out as I do not do well with heights, but it was a non-event. After a transfer in Detroit where we made a mad dash for the next plane, we arrived in Seattle.

We spent a day in Seattle before we went on our cruise. Sam had bought the city pass, which got us admission to the Space Needle, the Chihuly Museum, the aquarium, and the zoo. We put the zoo off until after we got back from our cruise. I was worried about me going up the space needle due to my fear of heights, but once again I had little trouble. The Chihuly Museum was interesting, but artsy glass isn't much of a guy thing. The aquarium was interesting, as we were able to touch some sea anemones. We rode the monorail to get to the aquarium, and also went to the Pike Street Market, where they throw the fish. Sam even caught one. I didn't try, as I thought I might flounder. There are several year rounds in Seattle, but I didn't really have time to go to the start to register. Also, we were Ubering it, which isn't cheap.

Monday was the first day of the cruise. We put the luggage tags on our stuff and gave it to the porters and waited in a long line until we had our paperwork checked and we could board the ship. We then went to our muster stations, then our quarters. Then we hit the buffet because fat guys gotta eat. Monday and Tuesday were sea days, which we spent exploring the ship and getting to know the crew.

Wednesday was the first port day, Ketchikan. I did the 5k that went up the mountainside and got credit for Alaska. The view was pretty nice, but I should have done the one on the waterfront. Unfortunately there was not enough time to do both and not risk missing the boat. You do not want to miss the boat. I did something that most people don't brag about. I visited a brothel. I have a picture of me with the madam. OK, it's a museum called Dolly's house but it was a brothel.

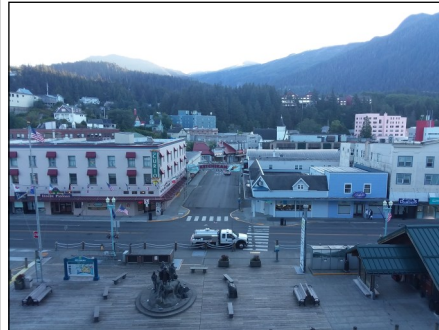
Thursday was the second port day, Skagway. I took the train ride up the mountain and crossed the border into Canada for about 15 minutes. Since I didn't get to the customs house, I didn't have to show my passport. I like riding trains and used to take the train to Harrisburg to work. (I live in Ephrata.)

Friday was the third port day, Juneau. We took an excursion that took us to Mendenhall Glacier, then a whale watching boat ride. We took a nice hike to the waterfall near the glacier, and saw a bunch of whales and sea lions.

Saturday was another sea day, and we hung out on the ship all day. Sunday was Victoria, B.C., but since the boat was only there for a couple of hours we didn't get off the boat. On Monday we returned to Seattle and disembarked. We went back to the hotel in Seattle and dropped our bags, then went to the zoo. On Tuesday we flew back to Dulles, Sam picked up his car, and drove back to Harrisburg. We both had a good time and would

do it again, but there are other places I would like to go such as Texas in February and a cross country drive on the Lincoln Highway.

-Bill



2022 ATLANTIC REGION CALENDAR of EVENTS

From ava.org as of 8-29-2022

Be sure to check with the [ava](http://ava.org) website or contact number before traveling a great distance to an event.

September

3	GP	Gettysburg PA	York White Rose Wanderers	717-817-9724
3	W	Greenbelt MD	Great Greenbelt Volksmarchers	301-431-6668
10	GP	Altoona PA	<i>Susquehanna Rovers</i>	717-379-8945
17	W	Littlestown PA	York White Rose Wanderers	717-633-7268
17	W	Cantonsville MD	Baltimore Walking Club	410-350-9133
18	W	Allentown NJ	Princeton Area Walkers	609-658-7727
20	M	Harrisburg PA (6 pm)	<i>Susquehanna Rovers</i>	717-847-3567
21	W	Greenbelt MD	Great Greenbelt Volksmarchers	310-421-6668
24	W	Coatesville PA	Chester County Red Rovers	484-432-8541

October

1	GP	Glen Rock Rail Trail	York White Rose Wanderers	717-817-9724
1	W	Marietta PA (Rail Trail)	Penn Dutch Pacers	717-626-6103
1	W	Bordentown NJ Festival	Princeton Area Walkers	609-658-7724
1	W	Fort Belvoir VA (Octoberfest0	Northern Virginia Volksmarchers	703-217-3140
1	W	Frederick MD Octoberfest	Seneca Valley Sugarloafers	301-385-0054
8	GP	Bedford PA	<i>Susquehanna Rovers</i>	717-379-8945
8	TGW	Philadelphia PA (Navy Yard)	Liberty Bell Wanderers	215-901-0767
8	W	Richmond VA	Lee Lepus Volksverband	703-201-1987
9	GW	Greenbelt MD (HUG Walk)	Great Greenbelt Volksmarchers	301-431-6668
9	TGW	Princeton NJ (Music Celeb)	Princeton Area Walkers	609-658-7724
14-16	BWS	Arlington VA Freedom Fest	US Freedom Walk Festival Club	703-209-0174
15	W	Havre de Grace MD (Fest)	Baltimore Walking Club	717-968-6611
20	TGW	Bala Cynwyd PA	Liberty Bell Wanderers	610-287-3065
25	M	Harrisburg PA (6 pm)	<i>Susquehanna Rovers</i>	717-847-3457
29	W	Gaithersburg MD	Seneca Valley Sugarloafers	301-520-6507
29	WBS	Rehoboth Beach DE	First State Webfooters	757-576-0966
29	W	Virginia Beach VA	Gator Volksmarsch Club	757-576-0966
30	BGW	Ocean City MD (Boardwalk)	Freestate Happy Wanders	302-233-6615

November

3	TGW	Philadelphia PA (Trolley Line)	Liberty Bell Wanderers	215-901-0767
5	W	Patuxent Research Center MD	Columbia Volksmarch Club	301-431-6668
11	4WS	Gettysburg PA	York White Rose Wanderers	717-677-6511
12	3WS	Gettysburg PA	York White Rose Wanderers	717-677-6511
13	3WS	Gettysburg PA	York White Rose Wanderers	717-677-6511
12	NW	Gaithersburg PA (Moonlight)	Seneca Valley Sugarloafers	301-980-8932
19	W	Audubon PA	Chester County Red Rovers	484-432-8541
26	GW	Hershey PA (Bull Frog Trail)	<i>Susquehanna Rovers</i>	717-379-8945
29	M	Harrisburg PA (6pm)	<i>Susquehanna Rovers</i>	717-847-3457

December

3-4	2W	Alexandria VA (Parade/Bridge)	Northern Virginia Pathfinders	703-360-5692
9-10	NW	Williamsburg VA	Peninsula Pathfinders of Virginia	757-869-6116
9-11	S	Williamsburg VA	Peninsula Pathfinders of Virginia	757-869-6116
10-11	W	Williamsburg VA	Peninsula Pathfinders of Virginia	757-869-6116
12	W	Columbia MD	Columbia Volksmarch Club	410-290-6510
17	GW	Mechanicsburg PA	<i>Susquehanna Rovers</i>	717-379-8945

(M is Meeting; G is a Guided Walk; NW is a Night Walk; GP a Group Walk; TGW is a Traveling Guided Walk, W is a Walk, S is a Swim, B is a Bike)

PA events are in bold; Susquehanna Rovers are bold and italicized



Take your dogs Volksmarching -

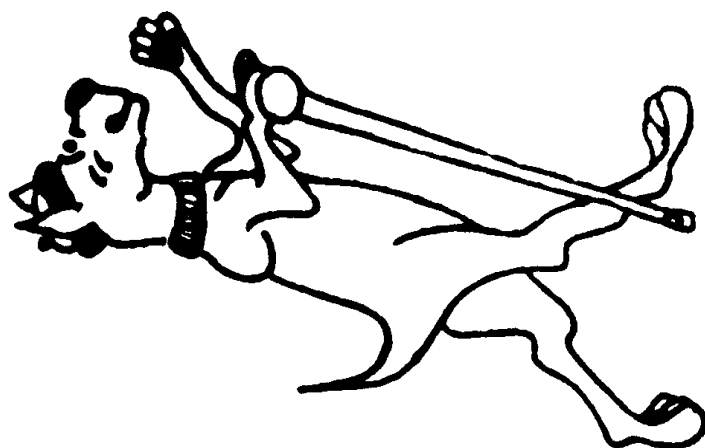
They need exercise too! We also have books for them. They want to enjoy what you enjoy.



Susquehanna Rovers Volksmarch Club
797A Academy Heights Avenue
Ephrata PA 17522-6915

Dated Materials

The Rover Reporter



October - November 2022